
IE418 UX

HEALTHIFY

Diet and health tracker

About

This app keeps the track of your daily tasks, workout, water intake and more.

Food tracking

It tracks daily intake of calories, protein, fat and fibre.

It has a daily counter

The daily counter is used to keep track of daily tasks about fitness, food or water. Also sleep tracking and other health-related tracking.

AI Assistant and Snap Gallery

This application has AI assistant to ask fitness or diet-related related information.

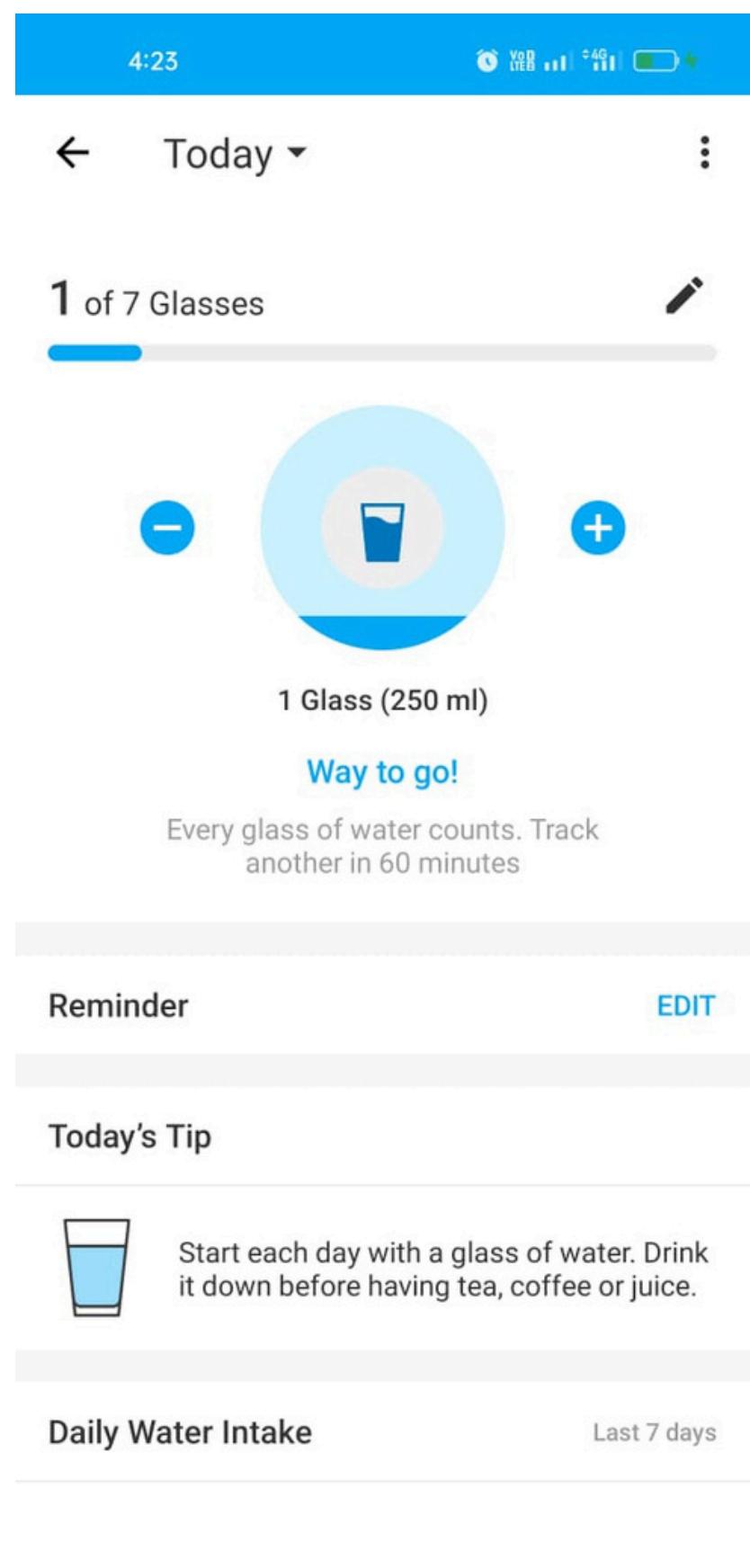
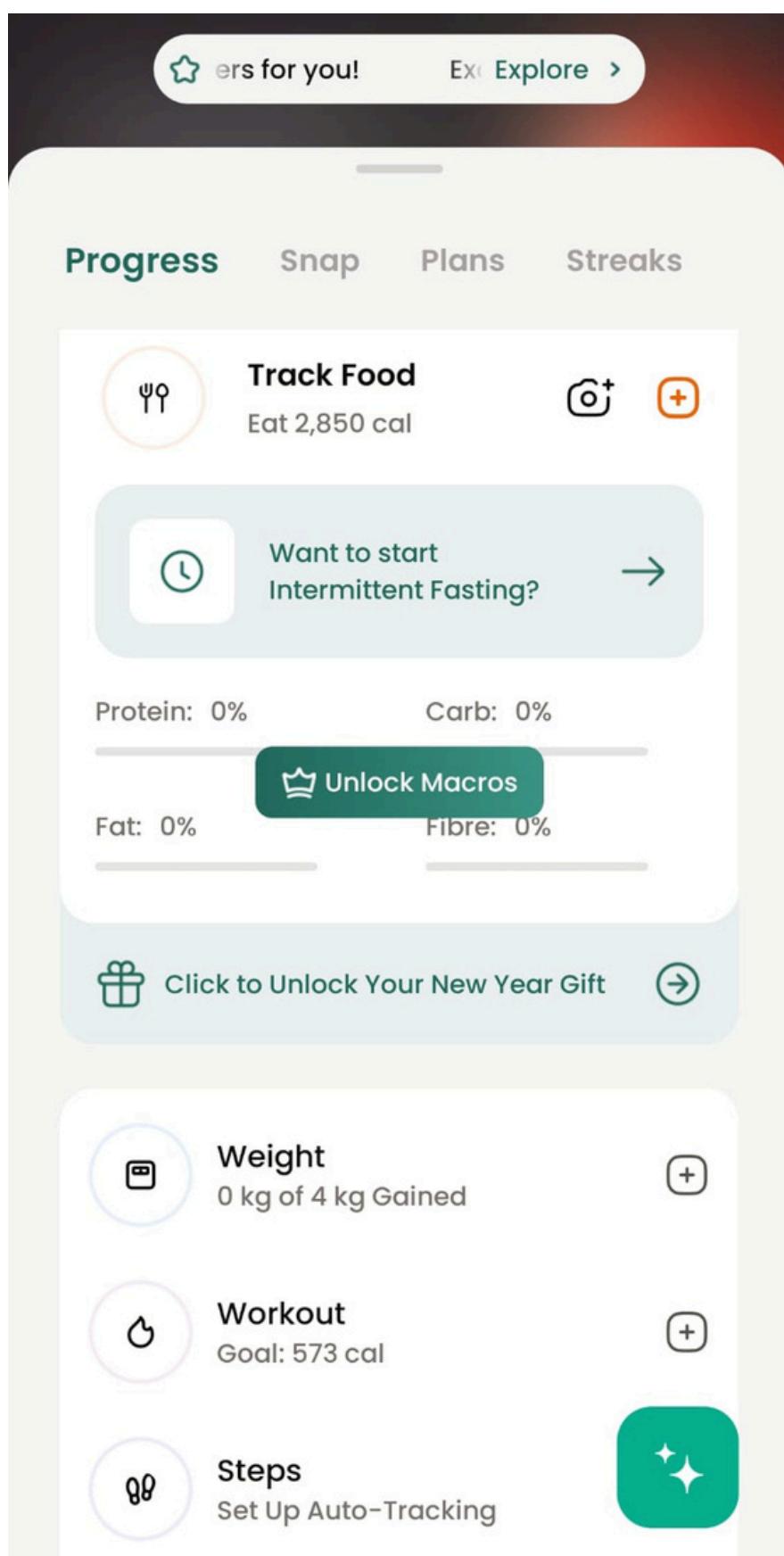
The snap gallery calculates approximately the proteins ,fat ,fibre and calories in your food.

Hicks Law

The time to make a decision increases with the number and complexity of choices.

Simplified choices

The app interface is made clean and easy to understand. The time to increase the counter for daily task is less. It has reduced complexity considering that it takes less than 3 steps to do so.



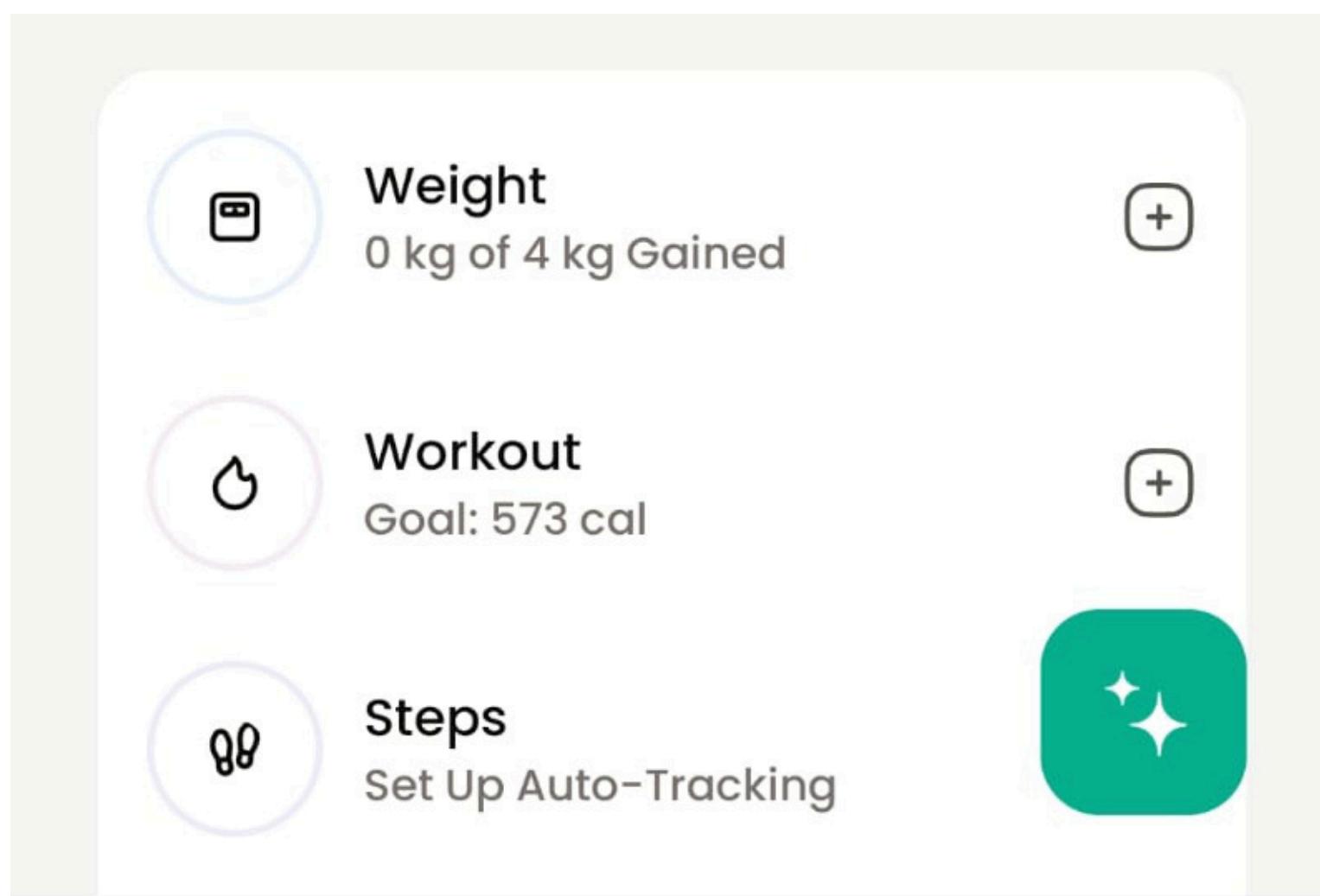
Fitt's Law

Larger the size of element or button
lesser the time it takes to reach that
element or button

User friendly

The time is also reduced due to the size of
buttons, links used.

They are not too small or too large.

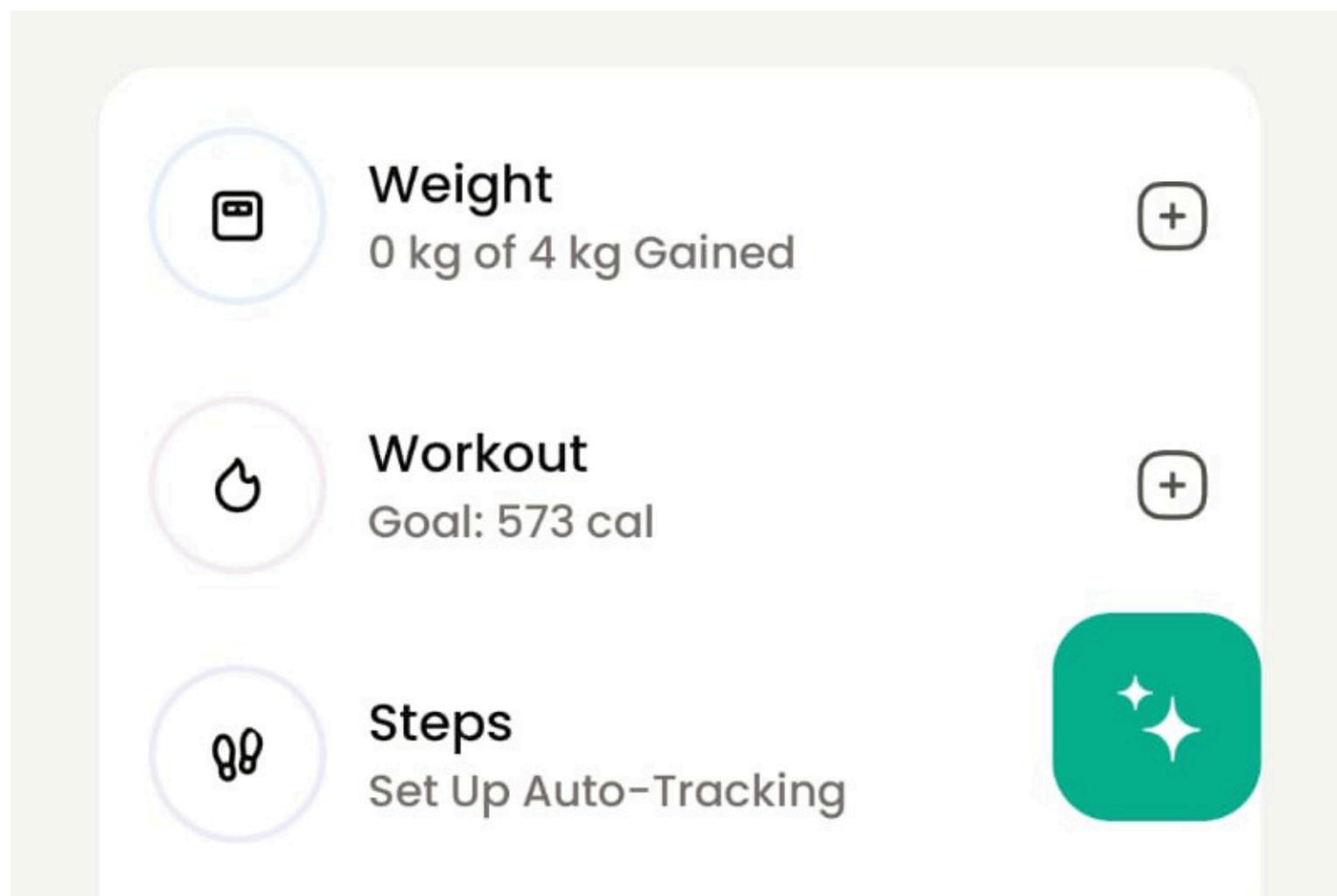


Jakob's Law

Users prefer designs that follow familiar patterns.

Familiarity

Icons on the left , buttons on the right, and the layout has similar patterns to many existing applications.



Miller's Law.

Divide the information into different related groups each group containing a similar chunk of information

Grouping

Food tracking, task counters, snaps feature and AI assistance are being grouped together with related options

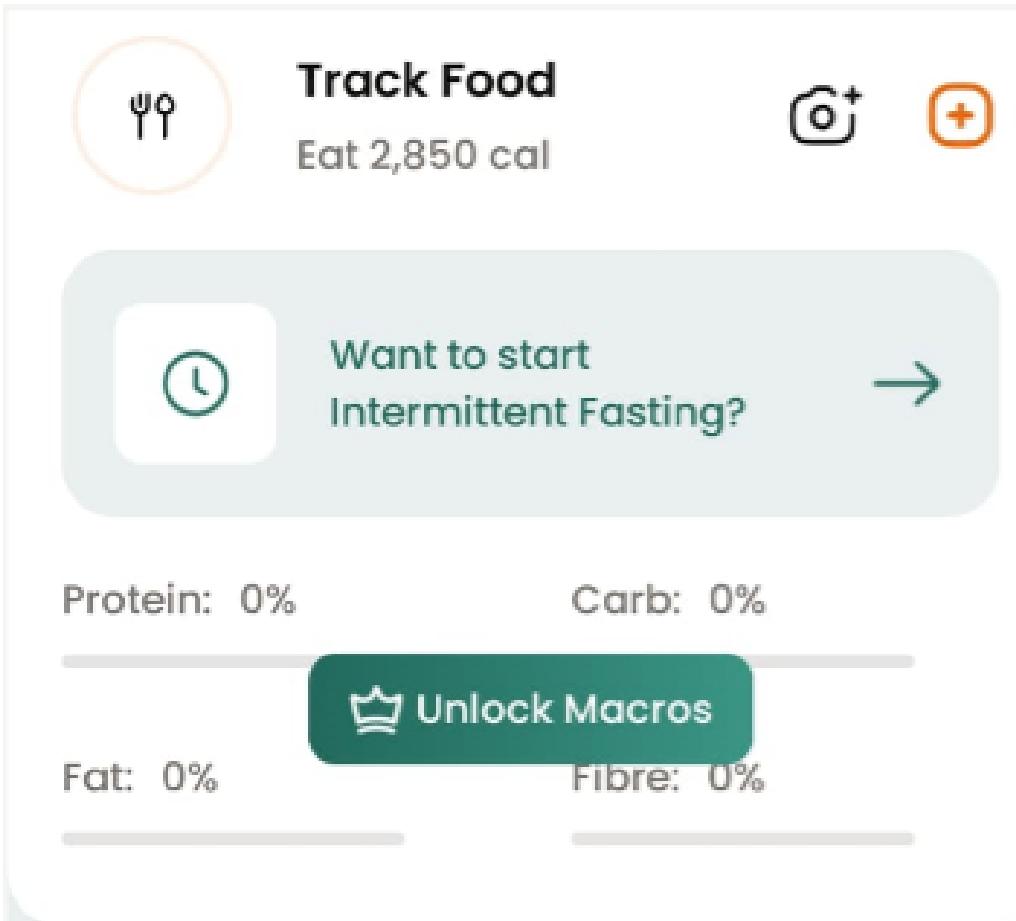
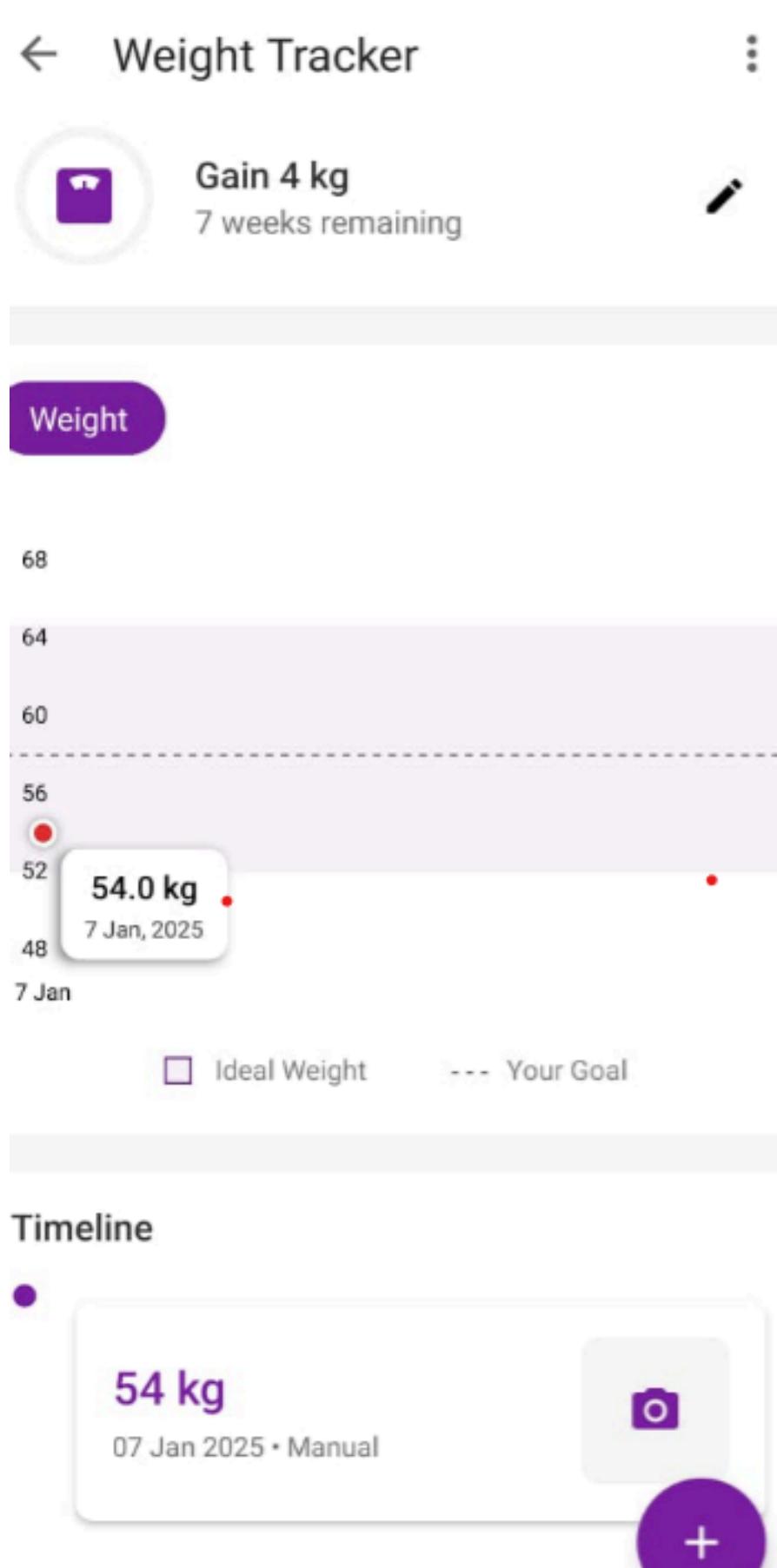
The screenshot shows a mobile application interface for fitness tracking. At the top, there are four tabs: 'Progress' (highlighted in green), 'Snap', 'Plans', and 'Streaks'. Below the tabs, the main content area is divided into two main sections. On the left, there is a 'Track Food' section with a summary: 'Eat 2,850 cal'. It includes a 'Track Food' button with a plus sign, a 'Want to start Intermittent Fasting?' button with a right arrow, and nutritional breakdowns for Protein (0%), Carb (0%), Fat (0%), and Fibre (0%). A green 'Unlock Macros' button is also present. On the right, there is a vertical list of tracked items, each with a circular icon and a '+' sign: 'Weight' (0 kg of 4 kg Gained), 'Workout' (Goal: 573 cal), 'Steps' (Set Up Auto-Tracking), 'Sleep' (Set Up Sleep Goal), and 'Water' (Goal: 7 glasses). At the bottom right, there is a 'Track More' button with a plus sign and a small upward arrow.

Tesler's Law

Every application has an inherent complexity that can't be removed, but it can be guided

Complexity

Talking about the complexity to use this app. The counters for daily tasks and food tracking are kept rather simple and easy to use, using lesser number of options/steps to reach the goal.



Weight tracking seems to be a complex task but all we have to do is input our present weight and it tracks our progress overtime and automatically analyzes the weight gained or lost

Law of Proximity

Items close to each other are perceived as related.

Relativity and Sub Grouping

This app has some features like food tracking indicating the protein ,carb ,fat etc in the food . Different types of workouts are kept together allowing user to understand the context easily.

The screenshot displays a mobile application interface for a fitness platform. On the left, three workout routines are listed:

- Harshal's Workout Routine**: Intermediate level, 54 Minutes • 136 Cal Burn. 75 users started this workout. A "START" button is visible.
- Full Body Super Burner**: Intermediate level, 54 Minutes • 136 Cal Burn. 75 users started this workout. A "START" button is visible.
- Full Throttle Body**: Intermediate level, 79 Minutes • 111 Cal Burn. 92 users started this workout. A "START" button is visible.
- Ultimate Challenger**: Intermediate level, 67 Minutes • 109 Cal Burn. A "START" button is visible.

In the center, there is a summary section:

- Calories burned: 0 of 573 Cal Burnt.
- A progress bar icon shows a runner.
- A message: "Burning your Calories helps you get fitter, healthier and lose weight."
- A "TRACK WORKOUT" button.

On the right, there is a "My Workout Routine" section with a "VIEW ALL" link and two thumbnail images:

- 's Workout**: "for you"
- Quick Workouts @ Home**: "Busy? Some short workouts for y..."

At the bottom, nutritional tracking is shown:

- Protein: 0%
- Carb: 0%
- Fat: 0%
- Fibre: 0%

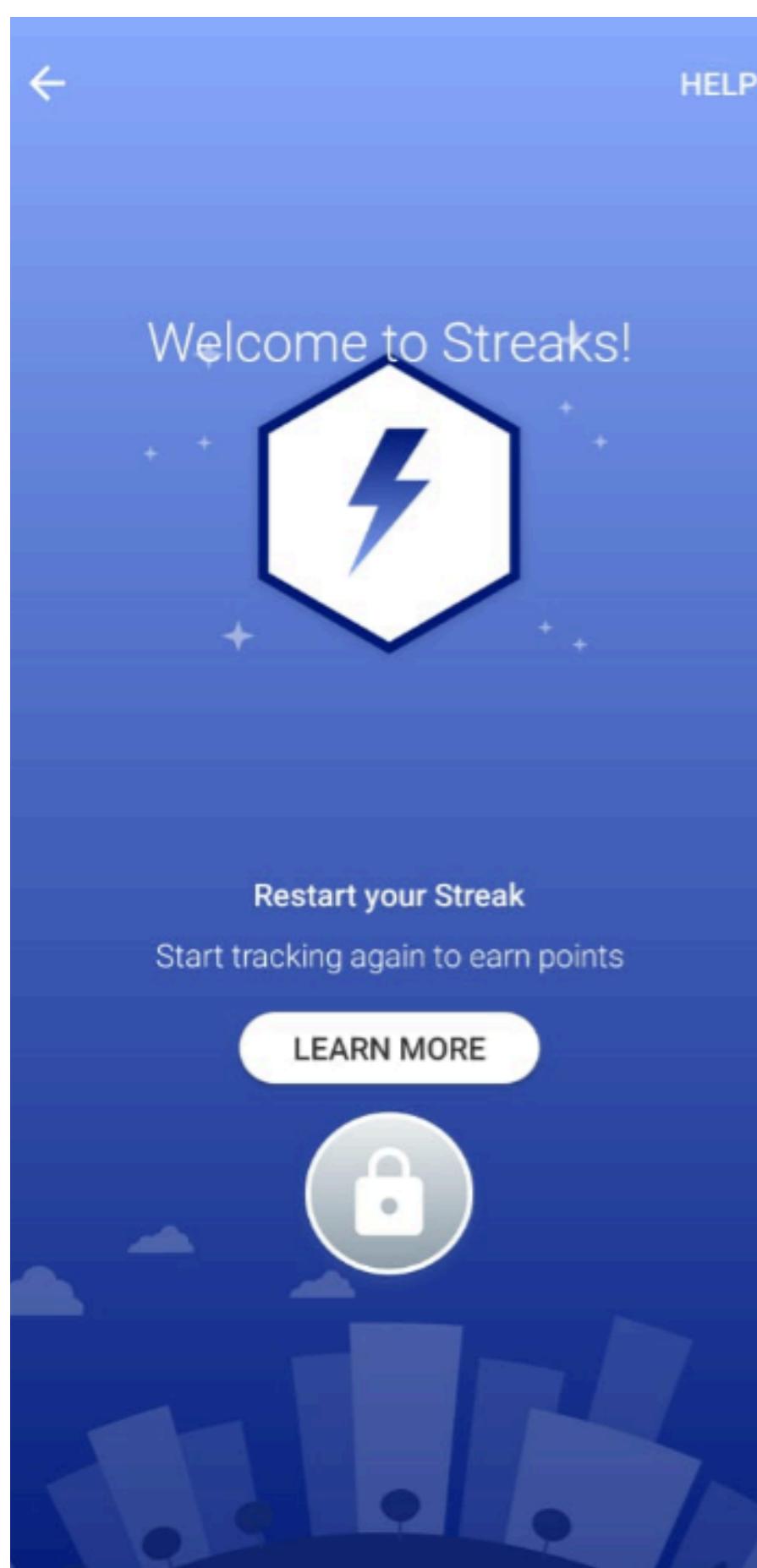
A green button at the bottom center says "Unlock Macros".

Peak end Rule

People judge experiences by their peaks (best/worst moments) and the end

Achievements

This app provides something like daily streak and points to the user. Also daily track of calories, protein he had, how much did the user tried to complete their task. Practically a daily log of tasks he did at the end of day

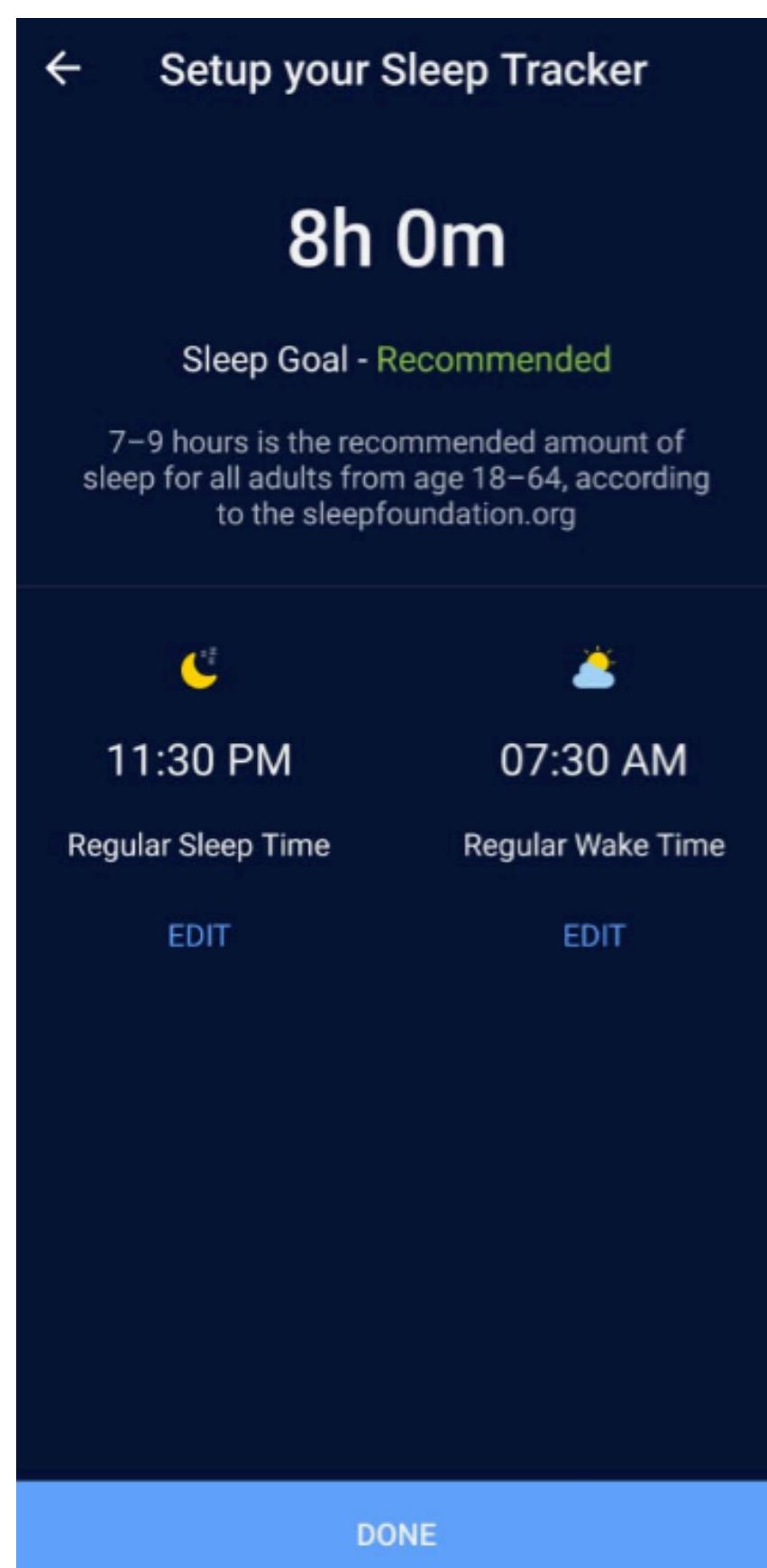
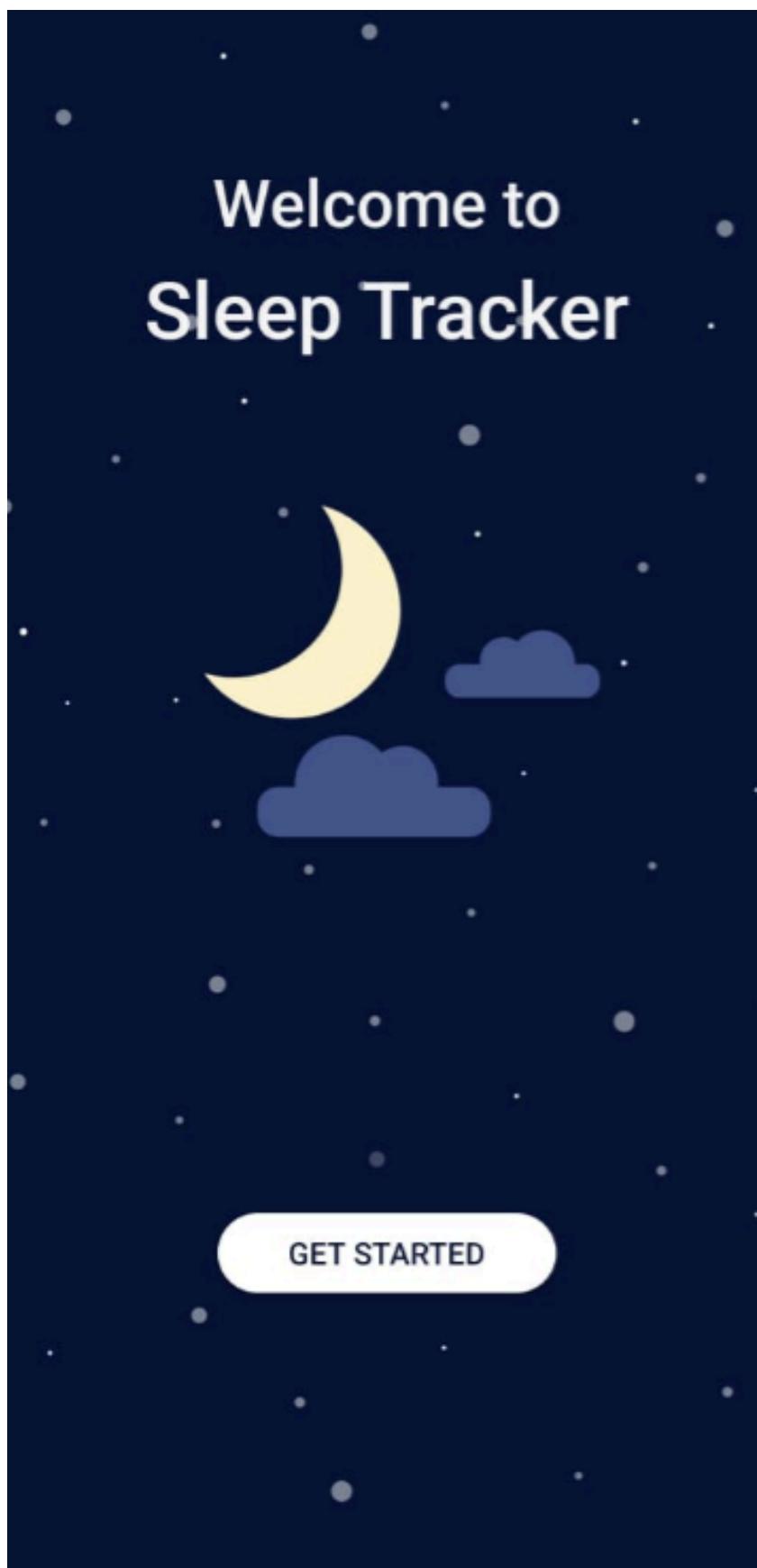


Aesthetic Usability effect

Visually appealing designs are perceived as easier to use

Aesthetics

The app uses asthetic design ideas which are also widely used. It uses similar patterns to that. The icons , tracking system, snap gallery and overall interface is aesthetic to the user.



UX Assignment

- II

Harshal Patel - 202201070

Ayush Pandita - 202201256

Ragan Patel - 202201152